

# ABOVE GROUND POOL CARDIO WORKOUT



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**25**      **RUNNING LAPS**

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**25**      **REVERSED  
RUNNING LAPS**

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**5 min**      **CYCLE**

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**100**      **FROG JUMPS**

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**3**      **LAPS WALKING LUNGES**

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**5 min**      **WALL KICKS**

**No Equipment Required**

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